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COACH PERRY MARCHESE USHERING IN A SEASON  
OF CHANGE FOR AUS FOOTBALLERS

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HALIFAX

# metro

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Thursday, September 6, 2012



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"I love the smell of  
**testosterone**  
in the morning."

**Q104**

Inhale...



## SHOOTER'S TARGET?

Quebec premier-designate Pauline Marois reacts as she comments on the tragic events of election night during a news conference on Wednesday in Montreal. A lone gunman shot and killed a man outside the Parti Québécois' victory rally on Tuesday. Police haven't ruled out the possibility that Marois was the intended victim of the attack. Story, page 9. PAUL CHIASSON/THE CANADIAN PRESS

## Flyer issue 'not rocket science,' councillor says

### Unwanted delivery.

HRM committee told there's no legal solution to problem

A municipal committee is set to tackle the issue of unwanted flyers again, and one Halifax regional councillor says the solution seems pretty clear.

HRM's environment and sustainability committee will meet Thursday to review a report exploring options for limiting unwanted flyer delivery.

Committee member Coun. Darren Fisher says it's good to have the discussion, but he says it's time distributors learned to listen.

"It shouldn't be rocket science," he said. "The resident should be able to say, 'I don't want it' and then not be concerned about getting it."

Council had asked Legal

### Quoted



"One person's advertising is another person's litter."

Coun. Darren Fisher

Services for a report on the possibility of banning flyers, but a write-up delivered last April said a law wouldn't withstand a legal challenge.

A supplementary report recommended joining a provincial working group on litter that is focused on unwanted flyer distribution.

The province is seeking voluntary compliance by printers and distributors on key issues that include delivering flyers to mailboxes, not driveways, and respecting requests not to receive flyers.

Coun. Jennifer Watts says

adding another bylaw would mean more cost to the municipality for a problem that it's not creating.

"This is about extended producer responsibility," she said. "If the producer produces it, they should be responsible for its life cycle so it doesn't fall to the taxpayer."

Councillors say residents consistently complain about the flyer packs accumulating in ditches, piling up when a homeowner is away or being delivered despite repeated requests to opt out.

Fisher says he's suggested either an opt-in model for flyers and free papers, or a sign provided by the distributors that residents can put in a window saying either "yes" or "no" to flyers.

"If you want to look at this as a business case, don't give someone something that costs you money if they say they don't want it," he said. "It's purely a waste."

RUTH DAVENPORT/METRO



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Closing up shop

## Layoff notices given at call centre

More than 200 people will be out of work at the end of November if a Halifax call centre can't find a new client.

TeleTech Holdings Inc. of Colorado issued layoff notices to its 216 employees at its Bayers Lake location Wednesday. The layoffs are effective Nov. 30.

TeleTech spokeswoman Jeanna Blatt said "changing business needs" have resulted in its current customer no longer needing its services. She said they're now searching for a new client, but if one can't be located by Nov. 30, the site will close permanently.

"That's what we're shooting for, but we don't have anything secure at this time," Blatt said of getting a new client.

TeleTech opened in Bayers Lake in 2003 with staff made up of 187 customer-service representatives and 27 managerial staff.

"All of the notices have gone out and everyone has taken it fairly well, as well as can be expected," she said. "It's regrettable news." **PHILIP CROUCHER/METRO**

Liquid assets

## Local wine helps boost booze sales

Nova Scotia's Crown liquor company is reporting a slight increase in profits in its first quarter.

CEO Bret Mitchell says wine sales showed the most growth, due in part to the introduction of local products.

From April 1 to July 1, the Nova Scotia Liquor Corp. recorded sales of \$150.6 million compared to \$148.7 million for the same period last year, an increase of 1.3 per cent. Sales at bars, restaurants and stores were up 1.4 per cent. **THE CANADIAN PRESS**



Cars drive past a steel plate installed Wednesday to cover up an asphalt roadway depression at the intersection of Barrington and Cornwallis streets. **JEFF HARPER/METRO**

# That sinking feeling

**Two-foot depression.**  
Small sinkhole affects busy Halifax intersection

**HALEY RYAN**  
halifax@metronews.ca

HRM workers are waiting for dry weather to return before filling in a small depression that has formed on Barrington Street.

Some traffic lanes were closed on Wednesday afternoon at the Barrington, Cornwallis and Upper Water Street intersection after the municipality issued a press release stating motorists should be cautious due to a "sinkhole forming" in the road.

The two-foot depression in the asphalt also broke a sewer

line underneath the street, but Halifax Water spokesman James Campbell said they are not sure if the 61-centimetre line was active or abandoned.

"We'll make repairs, dig up the pipe and see what's going on," said Campbell.

By 3:15 p.m. Wednesday, the depression was covered by a steel plate and traffic returned to normal.

Although Campbell said there were no reports of damaged cars or other accidents in this case, sinkholes have made recent headlines with very serious results.

On Tuesday, a moving car fell into a sinkhole on a highway in Ottawa. The driver was able to climb out to safety, but had his leg treated for a minor injury at the scene.

"It could have been a waterline that had burst,"



A car in a sinkhole that formed in Ottawa on Tuesday. **OTTAWA FIRE SERVICES**

Campbell said of the Ottawa sinkhole.

"That's often what it is, a waterline has a catastrophic failure ... but it would need to be a very large-diameter water pipe."

Also Tuesday, a student drove into an eight-foot-deep sinkhole in Durham, N.C. ABC News reports the accident happened because there were no warning signs about the hole.

1 NEWS

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Mayoral candidate Mike Savage talks to community members at an RCMP unit office opening in North Preston Wednesday. JEFF HARPER/METRO

# Savage has clear lead among voters: Survey

**CRA.** Former MP enjoys lead of 54 points over closest rival in new poll

RUTH DAVENPORT  
ruth.davenport@metronews.ca

A new poll suggests former MP Mike Savage is running away with HRM's mayoral election. The latest quarterly survey

from Corporate Research Associates shows 67 per cent of decided voters would choose Savage as the next mayor if the election were held today.

"I certainly would not expect that those high percentages for Mike Savage will be sustainable, but it is his campaign to lose," said CRA president Margaret Brigley.

Savage has lost two per cent support since the last poll in May, but he's still far ahead of runner-up Tom Martin, with 13 per cent support.

Fred Connors has 10 per cent support, Matthew Worona six and former Cape Breton councillor Vince Hall three.

The poll was conducted between Aug. 10-20, and Brigley says the results reflect "pre-campaign" sentiments among voters, which could change as the campaigns intensify over the next six weeks.

"Once this public campaign gets going, that's when people will really begin to understand what those candidates stand for," she said.

Support for Savage was highest in Dartmouth, at 82 per cent, and lowest in Mayor Peter Kelly's home turf of Bedford-Sackville — at 54 per cent.

The undecided component is also highest in Bedford-Sackville, possibly reflecting rumours Kelly may yet enter the race. Twenty-seven per cent of respondents in HRM were undecided and seven per cent said they'd pick none of the declared candidates.

The results are based on a sample of 411 adults.

## Numbers game. Martin questions accuracy of earlier CRA poll

The chair and CEO of Corporate Research Associates has responded definitively to a challenge from one of HRM's five mayoral candidates.

Former police officer Tom Martin said Wednesday he wanted Don Mills to publicly declare whether he's working for Mike Savage.

Martin on Wednesday released a survey, conducted by his own campaign team, that shows he has the support of 38 per cent of decided voters, compared to Savage's 53 per cent.

Martin says he decided to conduct his own research after CRA released a poll in May showing Savage with 69 per cent support and Martin with 15.

"I don't accept it as being accurate," he said. "I've been doing this since last September and I know the responses

I'm getting at the door.... It doesn't reflect 67 per cent versus 13 per cent."

Media reports earlier this year named Mills as one of Savage's top supporters, but in an email to Metro Wednesday evening, Mills indicated that's as far as it goes.

"I am not part of the Savage campaign," he wrote.

Martin campaign workers conducted the survey between Sept. 1-3, by phone and on the street.

He says the workers identified themselves as part of his team before asking respondents: "Of the five candidates running for mayor of the HRM (the names of which were provided in alphabetical order), which one would you support?"

Just over 500 people responded, 74 per cent of which were undecided. **METRO**

## Bedford council seat. Mayor Kelly silent on possible election run

With the deadline for HRM election intentions coming closer, Mayor Peter Kelly remains vague on his future in municipal politics.

At the opening of the new RCMP station in North Preston on Wednesday, Kelly was asked if he had decided to run in the upcoming election, but declined to give any details.

"Today is about this place," Kelly said of the new unit.

Candidates have until Tuesday to officially sign up to run for mayor or one of the

16 council seats.

In February, Kelly declared he will not be seeking re-election for the mayor's office, but has not said whether he will run for the Bedford council seat, which has been rumoured over the past few weeks.

"There's no decision made on anything whatsoever," Kelly said last month.

Kelly was a councillor in Bedford before becoming mayor there, and then in HRM, after amalgamation in 1995. **HALEY RYAN/FOR METRO**



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# THE PANTS COLLECTION

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Unit commander Cpl. Calvin Byard, second from right, and other dignitaries including Mayor Peter Kelly cut a ribbon to officially open the RCMP Preston unit office on Wednesday. JEFF HARPER/METRO

## Preston RCMP station officially opens its doors

**Law enforcement.**  
Community happy to have police nearby

HALEY RYAN  
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Heavy rain on Wednesday afternoon couldn't dampen the spirits of nearly 100 North Preston community members as they gathered together at the opening of their first RCMP station.

"It makes me feel safer," said resident Marva Fairfax of having Halifax RCMP officers nearby.

Cpl. Calvin Byard, commander for the new Preston unit, said a RCMP presence

### Quoted

"They're right here. You know where they are."

Resident Marva Fairfax

in the area has been "in the works" for the past three years or so.

The new detachment, which is attached to the North Preston Community Centre, will also serve East Preston, Cherry Brook and Lake Loon citizens.

"I think the community has welcomed the office because they have front-counter service," said Byard. "Whereas they would have to drive outside of the community, 10 to 15 minutes in traffic, to get a

criminal records check."

Along with the ability to obtain these checks and other services easily, people can now file accident reports and take their concerns directly to those familiar with the area.

"You'll have police officers able to investigate things right within the community, and not have to take the person, or the investigation, outside to complete it," Byard said.

North Preston has had multiple incidents of violent crime in recent years, most recently the shooting death of 23-year-old Narico Downey in July. But Byard said since working in the area he hasn't seen any issues to give Preston a bad name.

"There's some very good people here in this community," he said.

### Lock it up

**Rash of vehicle break-ins wreaking havoc again**

Halifax police are reminding people yet again to not leave valuables in vehicles and to lock them when not inside.

Police say since Friday, over 20 vehicles have been broken in to from Bedford to Sambro. The biggest string of break-ins happened on streets surrounding Flamingo Drive with 12 reported incidents. There were also six reported incidents in the Spryfield area.

In most cases, police say the vehicles were unlocked.

PHILIP CROUCHER/METRO

**Youth employment. Feds hoping to unlock brighter futures with new programs**

The federal government has announced two new programs designed to boost youth employment.

Minister for Human Resources and Skills Development Diane Finley revealed the details of the new initiatives in Halifax on Wednesday.

One program will train and connect young people with jobs in high-demand areas. The other will target youth in "fragile" situations to help them overcome barriers to finding jobs.

The programs will be funded by \$50 million announced



Diane Finley

in the last federal budget to top up the \$300-million budget for the national youth employment strategy.

The Greater Halifax Partnership is applauding the announcement. President Paul Kent says in a release the retention of "young and emerging" talent is vital to the Halifax economy as baby boomers enter retirement.

METRO/WITH FILES FROM THE CANADIAN PRESS



# Google zooms in on N.S. business

**Baddeck's Inverary Resort.** Nova Scotia resort to be featured on Google Business Photos

The Inverary Resort is the first business in the Maritimes to be photographed for Google Business Photos.

Google Business Photos, which works much like Google Street View, enables businesses to provide the potential visitor with a visual, virtual tour.

"If a business is on a street that is part of Google Street View, you can virtually walk right into the business off the street," said Greg Weir, the first Google Trusted Independent Photographer in the Mari-



Greg Weir  
CAPE BRETON POST

time region.

"You can not only walk through the business, if something grabs your attention such as the menu in a restau-

rant, you can zoom in on it and read it, or get a close look at what's on the shelves of a retail store."

Weir, who lives in Bucklaw outside of Baddeck, spent a day shooting the Inverary Resort, which is a Cape Breton Resorts property, and expects the virtual tour to be up on Google Business Photos in about two weeks.

His next stop is the Celtic Music Interpretive Centre in Judique.

The 360-degree interactive panoramas of interiors of businesses enhance business listings on Google search results pages and will be seen on Google Maps and Google+ Local listings.

"It's an opportunity to showcase your business to customers around the world," he said. **CAPE BRETON POST**



## Trying to raise money in the pouring rain

Dalhousie University student Sage Harmony canvasses drivers for money in the pouring rain near Robie Street and Spring Garden Road on Wednesday. Sage was raising money for cystic fibrosis as part of the annual Shinerama campaign. **JEFF HARPER/METRO**

### NewPage paper mill

#### Mill needs to be repaired: Court affidavit

A court affidavit filed with the Nova Scotia Supreme Court says the idle NewPage paper mill in Cape Breton requires \$2 million in repairs before it can be restarted. **THE CANADIAN PRESS**

### Search-and-rescue

#### Searchers find two missing women

A ground-search crew is being credited with finding two women, ages 31 and 26, who got lost in the woods of Cape Breton after spending the early evening floating down a river on inner tubes. **THE CANADIAN PRESS**

### Charges

#### Charges laid after stabbing

Police say a woman is facing charges after a stabbing at a home on Central Road in Wagmatcook. A 39-year-old woman suffering from stab wounds was taken to hospital for treatment of her injuries, police say. **THE CANADIAN PRESS**



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# The artist as a young stripper?

**Top New York court to rule.** Nite Moves strip club claims its lap dances are a form of art

No one would confuse the Nite Moves strip club with the Bolshoi Ballet, but what the lap dancers do there is art and entitled to the same tax exemption other performances enjoy, a lawyer argued Wednesday in what was surely one of the racier tax cases ever to go before New York's highest court.

W. Andrew McCullough, an attorney for the suburban Albany strip joint, told the Court of Appeals that admission fees and lap dances at the club should be freed of state sales taxes under an exemption that applies to "dramatic or musical arts performances."

He said that lap dancing is an art form and that, in any case, the state is not qualified to make such determinations, and

**The 10,000-hours theory?**

**"It's definitely a form of art. Some girls are up there practising for hours when nobody's in here."**

A dancer at Nite Moves, where there was only one customer at the time. She declined to give her name.

that making such distinctions would be a violation of the constitutional right to freedom of expression.

A lawyer for the state rejected that analysis, and authorities are demanding about \$400,000 in back taxes from the club.

A ruling is expected next month, with possible consequences for the estimated 150 to 200 adult nightclubs in the state.

During Wednesday's arguments from the club's lawyer, a skeptical Judge Eugene Pigott Jr. said the women are hired untrained and simply "do what they do." **THE ASSOCIATED PRESS**

## Waiting to digest. X-ray proves man ate diamond

A man visiting a gem exhibition in Sri Lanka's capital swallowed a 1.5-carat diamond in front of the owner and was taken by police to a hospital, where an X-ray showed the \$13,000 stone inside him.

Exhibitor Suresh Wijekoon said the man was behaving suspiciously at his stalls and when he reached closer to the suspect, the man suddenly swallowed the diamond at his hand before Suresh alerted police at the exhibition venue.

Chou Wan, a 32-year-old from China, is in custody pending further investigation, police spokesman Ajith Rohana said.

### Gem exhibition

- Sri Lanka does not mine diamonds but is renowned for other highly treasured gems.
- Facets Sri Lanka 2012 is the island nation's annual largest gem and jewelry exhibition and it attracts a large number of local and foreign buyers.

An X-ray proved the diamond was inside Chou's body, said hospital director Dr. Anil Jasinghe at Colombo National, where the suspect was taken. **THE ASSOCIATED PRESS**

### Serious injury

## Czech zookeeper hurt by hippo

A zookeeper in the Czech Republic was rushed to hospital by helicopter after being seriously injured by a pygmy hippopotamus Wednesday. An official said the woman was being treated in an intensive-care unit. **THE ASSOCIATED PRESS**

### 'Die Hard' policeman

## Traffic cop thinks he's Bruce Willis

A South Korean traffic cop who arrested a drug suspect after clinging to the windshield and roof of the car for 25 minutes has gotten a promotion and is being called the "Die Hard policeman" by local media. **THE ASSOCIATED PRESS**



## Protester nabbed bear-handed

A police officer detains a Greenpeace activist dressed as a polar bear outside Gazprom's headquarters in Moscow on Wednesday. Russian and international environmentalists are protesting against Gazprom's plans to pioneer oil drilling in the Arctic. **MISHA JAPARIDZE/THE ASSOCIATED PRESS**

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## The future. Referendum on the back burner, but Harper's in her sights

Quebec premier-designate Pauline Marois says she'll do her best to push ahead with the more contentious parts of her campaign platform despite her minority-government status.

Marois, whose Parti Québécois won 54 of the province's 125 ridings on Tuesday, conceded Wednesday the difficulty of the task.

She never once referred to an independence referendum during her post-election news conference and no reporter

bothered asking about one.

She said she'll try to make progress on the more divisive parts of her platform — those dealing with language, culture and federal-provincial relations — but will need to seek consensus.

"I hoped for a majority, but the people of Quebec decided otherwise," Marois said. "We must learn to work within this context and reality."

Marois promised to cancel planned tuition hikes.

She'll attempt to introduce a language law — a "new Bill 101" — to stop a perceived decline in French, which she said remains "at the heart of our concerns."

And she said she still plans to push the Stephen Harper Tories on multiple fronts. But her battles will be carefully chosen, she added.

THE CANADIAN PRESS

### Quoted

**"Many, many proposals that I will be implementing are accepted by the other parties."**

Pauline Marois,  
Quebec premier-designate.

## The economy. Business leaders wary of PQ plans

Quebec's business leaders have called on the new minority Parti Québécois government to review election promises they say risk slowing investment and the province's competitiveness.

"Quebec doesn't have the necessary financial flexibility to pay all the electoral promises," said Yves-Thomas Dorval, president of the Quebec Employers Council.

The powerful lobby group said it supports the party's proposals to improve education, modernize transit and balance the budget.

But it said business opposes PQ pledges concerning regulations, public finances and the imposition of higher taxes on the wealthy.

The council is particularly concerned that proposed changes to language law Bill 101 would extend provisions of the French language Charter and increase operating costs for smaller companies.

The Quebec Manufacturers and Exporters Association said the sole priority must be to advance Quebec in an uncertain global economy.

THE CANADIAN PRESS

# Was Marois intended target in gun attack?

## Charges pending.

Sudden panic ended post-election euphoria as Quebec premier-elect was dragged off stage to safety

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were questioning the only suspect Wednesday.

He was being evaluated at a Montreal hospital, and a police spokesperson said he expects a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police don't rule out the possibility that premier-designate Pauline Marois was the shooter's target.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday. "Never, never will I accept that Quebec is associated with violence," she said. THE CANADIAN PRESS



Quebec premier-elect Pauline Marois leaves a news conference followed by a bodyguard on Wednesday. "Never, never will I accept that Quebec is associated with violence," she declared.

PAUL CHIASSON/THE CANADIAN PRESS

## Charest: 'We are blessed'

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announcement in Quebec City Wednesday

praising Canada.

"We are all blessed to have been born in this country," said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders," he said.

Charest's resignation will

take effect in a few days when the Parti Québécois officially takes power.

Charest lost his own seat in the provincial election.

He prided himself during his three mandates as premier as a sound economic manager, particularly during the 2008 economic crisis.

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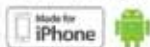
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# Clinton delivers resounding Obama endorsement

**DNC.** Former president cites current leader's resilience in tough times, backing his Democratic nomination

**Former president**

**"He put a floor under the crash, he began the long, hard road to recovery."**

Former U.S. president Bill Clinton

Bill Clinton made an impassioned defence of U.S. President Barack Obama on Wednesday, telling Americans in a hotly anticipated prime-time address to cast their ballots in November for the "man who is cool on the outside but who burns for America on the inside."

In a speech to ecstatic Democrats, Clinton said that the politician with whom he's famously had a chilly relationship also deserves re-election for having "the good sense to marry Michelle Obama."

The former president's hard-hitting speech not only took dead aim at Republicans, but also painted Obama as a

man who engenders irrational, unseemly hatred from his political foes on the other side of the aisle despite his generous attempts to reach out to them.

"Heck, he even appointed Hillary!" he said to laughter of his wife, Secretary of State Hillary Clinton, and Obama's one-time bitter rival for the Democratic presidential nomination.

Clinton also sounded the alarm about Republican policies and promises.

"In Tampa, the Republican argument against the president's re-election was pretty simple: 'We left him a total mess, he hasn't finished cleaning it up yet, so fire him and put us back in,'" Clinton

said as Obama waited in the wings to join him on stage.

The argument for Obama's re-election makes far more sense, Clinton argued.

"He inherited a deeply damaged economy, he put a floor under the crash, he began the long, hard road to recovery, he laid the foundation for a more modern, more well-balanced economy."

Americans now need to ask themselves what kind of country they want to live in, the former president added.

"If you want a you're-on-your-own, winner-take-all society, you should support the Republican ticket. If you want a country of shared prosperity and shared responsibility — a we're-all-in-this-together society — you should vote for Barack Obama and Joe Biden."

Obama strode onto the stage at the Charlotte, N.C., venue after Clinton's speech to embrace him.

THE ASSOCIATED PRESS



U.S. President Barack Obama joins former president Bill Clinton on stage during the Democratic National Convention in Charlotte, N.C., on Wednesday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

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## No outdoor speech

## Storm fears push Obama inside

Democratic officials are moving U.S. President Barack Obama's convention speech indoors because of the possibility of severe weather on Thursday.

Obama had planned to accept his party's nomination in an outdoor football stadium in Charlotte, N.C.

But forecasters have predicted severe thunderstorms in the 9 to 10 p.m. hour, raising concerns about the safety of supporters, volunteers, staff members and law enforcement.

THE ASSOCIATED PRESS

## Storms on horizon

## Leslie, Mike churning closer

U.S. forecasters say Leslie has strengthened into the sixth hurricane of the Atlantic season but is still far from land.

Meanwhile, Tropical Storm Michael is gaining strength farther out to sea, but not posing a threat yet.

THE ASSOCIATED PRESS



## Scooter man makes waves

Water, water everywhere ... but that didn't stop this man from navigating his scooter through a waterlogged street after heavy rain fell in Kolkata, India, on Wednesday. The monsoon rains that usually hit India from June to September are crucial for farmers whose crops feed hundreds of millions of people. **BIKAS DAS/THE ASSOCIATED PRESS**

## This one was 'wow!' says survivor after earthquake hits

**Central America shaken.** Roads cracked, power lines fell, shelves tumbled: 'We held on to each other, we kept falling'

"It was incredibly strong. I've felt earthquakes, but this one was 'wow!'"

That was survivor Jairo Zuniga, 27, talking after a powerful, magnitude-7.6 earthquake shook Costa Rica and a wide swath of Central America on Wednesday.

Amid the panic, houses collapsed, highways were blocked and there was at least one death from a heart attack.

Zuniga said everything in his house in the beach town of Cangrejal fell when the quake hit around breakfast time.

The U.S. Geological Sur-



People gather outside an office building in San Jose, Costa Rica, to survey damage from an earthquake that rocked a wide swath of Central America on Wednesday. **JOSE PABLO PINEDA VIA INSTAGRAM/THE CANADIAN PRESS**

vey said the giant quake was centred about 60 kilometres from the town of Liberia and 140 kilometres west of Costa Rica's capital, San Jose, where frightened people ran into the streets.

The quake was deep — 41

kilometres below the surface. Quakes that occur deeper underground tend to be less damaging.

The last deadly quake to strike Costa Rica was in 2009, when 40 died.

**THE ASSOCIATED PRESS**

## Lake mystery: Torso found in suitcase a key link to body-parts case?

A rotting torso was found stuffed inside a suitcase floating in Lake Ontario off the shore of a Toronto park Wednesday.

But police wouldn't say if the discovery was connected to the slaying and dismemberment of a city resident, Guang Hua Liu, last month.

Police said two boaters spotted the suitcase about 2.5 kilometres from shore near Bluffers Park, in the city's east-end on Wednesday morning.

The boaters towed the suitcase to shore and contacted authorities, who searched the waters in the area but found nothing further.

The coroner was brought in and conducted an initial investigation.

"The coroner has determined at this time the contents of that suitcase to be that of human remains, to be specific, that of a badly decomposed torso," said Toronto police Det. Les Dunkley.

An autopsy has been ordered for Thursday.

Police wouldn't say if the torso found on Wednesday



Det. Sgt. Frank Scubic outlines the case to the media in the area where the suitcase was found. **THE CANADIAN PRESS**

was connected to the murder of Liu, but Dunkley added Toronto police have been in touch with Peel Region authorities, who had been leading the investigation into her death.

Parts of the 41-year-old woman's body — but not her torso — were found in mid-August scattered west of Toronto and near her home in the city.

Liu's estranged boyfriend, Chun Qi Jiang, 40, was arrested Aug. 26 and charged with second-degree murder in what police say was a domestic-related homicide.

Liu was reported missing

on Aug. 11, one day after her friends dropped her off in front of a now-defunct spa she owned called the Forget Me Not Health Centre in east Toronto.

On Aug. 15, her right foot was found in the Credit River in Mississauga, Ont., about 45 kilometres west of her home.

Liu's head and hands were later discovered in the same river in the Hewick Meadows Park area.

Days later, two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived.

Forensic tests determined all the remains belonged to Liu, but police still do not know how she died.

**THE CANADIAN PRESS**

## Quoted

**"Until we get the results of (the) post-mortem examination, Toronto police (are) treating this as a suspicious-death investigation."**

Det. Les Dunkley



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## Nokia's Lumia to battle iPhone, Android

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, on Wednesday in New York. Nokia revealed that its first smartphones will run the next version of Windows, a big step for a company that has bet its future on an alliance with Microsoft. The American market is a trendsetter, but Nokia has been nearly absent from it in the last few years. MARK LENNIHAN/THE ASSOCIATED PRESS

## BoC. Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

THE CANADIAN PRESS

### Market Minute

**DOLLAR**  
100.92¢ US (-0.52¢)

**TSX**  
11,990.14 (+48.44)

**OIL**  
\$95.36 US (+6¢)

**GOLD**  
\$1,694 US (-\$2)

**Natural gas:** \$2.795 US (-5.9¢)  
**Dow Jones:** 13,047.48 (+11.54)

## User fees mean good business for Ottawa

**Budget watchdog.**  
Revenues from goods, services that feds offer public raked in \$8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over \$8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the \$3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, build-

### Revenue sources

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about \$31 billion from services to the public, four times what the feds took in, and municipalities earned roughly \$18 billion.

ings and vehicles, or such things as temporary-resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. THE CANADIAN PRESS

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# BOILING DOWN AN EDUCATION IN THE SCHOOL OF HARD YUKS



**HE SAYS...**  
John Mazerolle  
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.  
2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering "new math." How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

## Acting:

- 1) Don't act. Just read the lines.
- 2) No, read the lines better than that.
- 3) You're terrible.
- 4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.

## Standup:

- 1) People who think they're bad at standup are often good at it. People who think they are great at standup are usually terrible.
- 2) The only standup comic in the world who enjoys Dane Cook is Dane Cook.
- 3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
- 4) When stuck for an idea, think of anything — anything — other than genitalia. Please. For me.

## Sketch:

- 1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction "A helicopter descends ..."
- 2) Rubber chickens ARE funny. Seriously.
- 3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word "haberdashery."

## Improv:

- 1) If someone says, "Welcome aboard, captain — shuttle ready for launch," the correct response is not "But this isn't a rocket ship! It's a driving exam!"
- 2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the \$5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.



Think school is a waste of time? You're right. ISTOCK

# Taking a bath just beak-ause



SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

## South African wildlife

### 55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned



A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

to the wild after recuperating. THE ASSOCIATED PRESS

## Waddling away

### Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach, South Africa, on Friday, a storm hit, which led to an oil leak.

So far, 10 cubic metres of oil have been removed. According to news reports, the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore. Operations are expected to cease by Friday. METRO

## Area affected

### 1 km

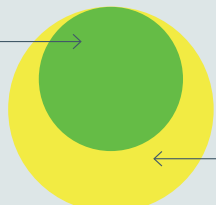
The oil has spread over one kilometre along the coastline, and runoff continues to pollute the surrounding area.



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### Should Apple buy RIM?

33%  
NO



67%  
YES



Twitter

@dsushine:

Thanks to @GoodLifeFitness for helping our Shiners out today with warm towels while they're fundraising in the rain! #Halifax #dalshines

@cmetom:

Being a university student in Halifax now means standing on street corners asking for money and shouting. Just like hobos!

@redteamleader:

I'll take a torrential downpour over raging construction outside my house any day #Halifax

@lola\_rainn:

Halifax this weather is perfect for my end of summer blues. #drownedrat #inneedoftea

@Credgett:

There are two #1s behind one another. Is this not the epitome of Halifax transit



# Rise Against put their beliefs out there, with punk

**Not just music.**  
Rockers advocate for a collection of organizations, using their sound to garner support for projects



**BACKSTAGE PASS**  
Jenna Conter  
halifax@metronews.ca

Like most kids that seem to have the tendency to go against the grain, Zach Blair sought solace from other sources.

"I found this group of people who also didn't fit in," he said.

"I found punk rock and counter culture and had an epiphany moment, found myself and then dedicated my life to it."

Nowadays there are so many "individuals" that have their own apparel, Blair, guitarist for Chicago-based group Rise Against, defends the values of the musical community in which he so gratefully resides.

"I think punk music is genius because it's a large umbrella," he said. "It's such a new genre I think it's still getting spear headed and moved in such great directions."

Blair and the rest of Rise Against will play Summer-sonic on Sunday at 9:15 p.m. at Garrison Grounds.

As a founding member of Hagfish and a former character in Gwar, the unfamiliar would assume that Blair's only message would be screeched into a

microphone.

You know what they say about assuming.

"(Our lead singer) said it best: That we're getting attention on us and a microphone in our face," he said.

"We're choosing to take that attention and do something positive with it by putting our beliefs out there."

Rise Against are advocates for a collection of organizations such as Amnesty International, It Gets Better Project, local farming, and PETA, to name a few.

"It's a band that's entertainment and there's music but (we) always have another agenda happening."

After over two months off the road, Blair and the boys are excited to shake off the rust and hit Halifax.

"We've always had an overwhelming response from Canada — it's like we got adopted a long time ago," he said.

"From coast to coast we've had amazing shows and we've always been treated so well — we are very happy when we are asked to play there."

## Summersonic lineup

**Friday.** Bahamas, Father John Misty, K'Naan, Stars

**Saturday.** Mo Kenney, Old Man Luedecke, Daniel Lanois, Martin Sexton, Ben Harper

**Sunday.** The Motorleague, The Stanfields, Propagandhi, The Vandals, Lagwagon, Rise Against



Rise Against use their music to draw attention to organizations such as PETA. CONTRIBUTED

# 2 SCENE

On the web



A week before release of anticipated disc, Bob Dylan reopens theatre in N.Y.

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# Matt & Kim living straight outta hipsterville

**New album.** Partners in every way, this musical duo produce dance-punk-pop inspired by the hip-hop around them

MICHELLE CASTILLO  
Metro World News

Dance-punk duo and independent music darlings Matt & Kim aren't just partners in their music career: They've been dating since even before their band formed in 2005. Since then they've had several milestones, including their song Daylight being used during an episode of HBO's *Entourage* and being asked to be the supporting act for Blink-182 and My Chemical Romance

during the 2011 Honda Civic Tour. Now, the two are putting out their fourth album called *Lightning* (out Oct. 2) and gearing up for a six-week tour through the United States and Canada. We caught up with Matt and asked him to tell us what helped inspire the album, and what it was like to record and live in the center of hipsterville, Williamsburg in Brooklyn.

## What was the big inspiration for this latest album?

We've always made upbeat music, but I think there's sort of the darker edge that Matt & Kim can have, there's slightly more of it on this album. There's still a share of upbeat songs — everything feels upbeat — but in some of the lyrics there's a slightly different edge. I don't know if that's inspiration, but as always we make albums

## Quote

**"Still, it's a very energetic album and some of the fastest songs we've done yet and things like that."**

Matt Johnson  
Talking about the new Matt & Kim album *Lightning*

from just what comes out of us when we try to make them, and we were certainly surprised at that for this album.

## It's kind of ironic that it's darker when it's called *Lightning*. Why did you go with that name?

We go a lot by what feels right, and there's something about the word lightning and the feeling that went with that. Still, it's a very energetic album with some of the fastest songs we've done yet and things like that. It's just something about it. I think this word describes this album.

## I know you recorded in Williamsburg, Brooklyn — which has quickly become the hipster capital of America. How do you feel about this new stereotypical view of Williamsburg?

I mean, I see why it can be seen like that and whatnot, and it's true. I've gone to few other places that have such a high concentration of people who are into art and music and things like that in one place. I felt that Williamsburg for a long time has been very inspiring in that sense... being surrounded by other people who are concerned with similar things to myself and whatnot.

Yet, after living there for eight years, we just moved out and moved away. Of course, things as they do in New York evolve and change, and Williamsburg is one of those things.

## Exclusively online

Matt & Kim, Soula Boy, and Andrew W.K. have risen from the dead to throw a raging dance party in a morgue. The mortician has left for the night, the limbs are fresh and there's formaldehyde on ice. Check out the brand new video for I'm A Goner.

- To watch the video, Go to [metronews.ca/scene](http://metronews.ca/scene)

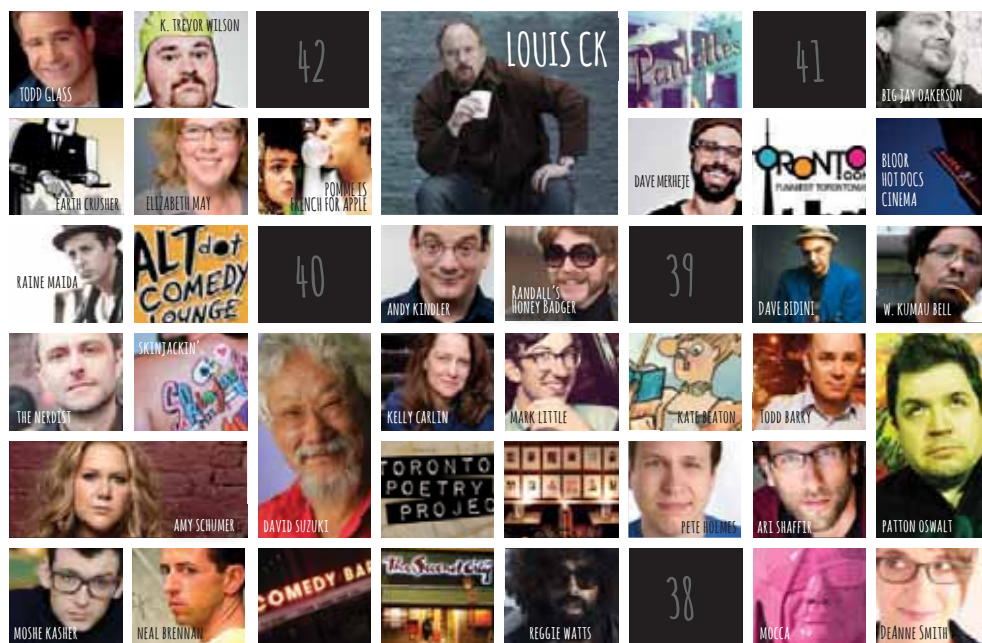
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A JUST FOR LAUGHS AND LIVE NATION PRODUCTION



Matt & Kim's new album *Lightning* is out Oct. 2.

GETTY IMAGES



# Biggest Loser adds first young teens to this year's cast

## Childhood obesity.

Youths as young as 13 will join teams trying to shed pounds and win the \$250,000 prize money

The Biggest Loser will return in January with the weight-loss show's first young teen participants and trainer Jillian Michaels back on duty.

The show's 14th season will take on a new "mission" against the national increase in childhood obesity, NBC said Tuesday. Youths between the ages of 13 and 17 will join teams trying to shed pounds and get fit.

Unlike adults competing for a \$250,000 prize, the teenagers won't be subject to elimination from the show



Jillian Michaels returns for season 14 of the Biggest Loser.  
CARLO ALLEGRI/THE ASSOCIATED PRESS

"It's brave, it's bold and I'm sure it's going to be controversial, and we'll do the best we can to handle it in the most positive and effective way possible," the usually tough-talking fitness expert said.

The goal is to focus on the kids' health rather than their weight, Michaels said, adding, "It's about getting them on the softball team, not into a size four."

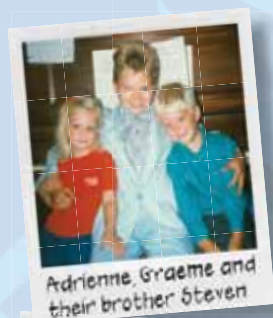
According to the Centers for Disease Control, childhood obesity has more than tripled in the past three decades, with about 17 per cent of children and adolescents age 2 to 19 considered obese based on height and weight measurements.

The season's 18 contestants will be divided into six-member teams, each including at least one youngster.

THE ASSOCIATED PRESS

## Talk to your family

Organ and tissue donation saves lives.



Adrienne, Graeme and their brother Steven

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

*Adrienne, a grateful sister*



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metro



# Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is f---ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.



## No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a



Mariah Carey

second dude to the lineup. At this rate, they might have to lower their standards a bit.

Kim Kardashian would probably be interested.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Thanks for the honesty about Kim, Kanye!

PAT HEALY  
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire

family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!



Jessica Simpson. ALL PHOTOS GETTY IMAGES

## 'I let myself indulge in everything I wanted': Jessica Simpson

Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

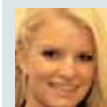
"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

"I didn't realize (the

weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

## Twitter



### @JessicaSimpson

24 is my new treadmill show!! How have I not watched this show before now?!? Jack Bauer is my hero!



### @hitRECordJoe

Anyone know any good jokes?



### @ladygaga

MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"



### @AlbertBrooks

Are you better off than you were 4 years ago? Physically? No way.

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## COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

### What designers are you most excited about this season?

A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

### What do you look for in an item of clothing or an outfit?

The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the

dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

### Why do you think fashion matters?

It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken

in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

### The fashion industry is competitive, but you've maintained a sense of humour.

Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too

seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that

I was a quirky little nerd in school and came to grow into myself to become something that —who knew I could?

### People tend to love or hate social media. Why did you decide to make it yours?

At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog.

### Top 3



Coco's top three tips for becoming a social media superstar.

**1** Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?

**2** Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.

**3** Be responsible. Your work-mates are going to see this, not just your friends. In the end, your bosses can see it.

I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

### Yeah, so why do you feel the need to share personal moments with your Instagram followers?

My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

During fashion weeks, Coco will be filming *The Face*, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.

# 3 TIPS

### On the Web



New event home among fresh changes afoot for Montreal Fashion Week



# Talk starts here.

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# Enter your home in style

**Design Centre.** A reader gets advice on how to organize and jazz up her front entrance

**I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.**



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

#### Be decorative

- Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visual-

ly larger. Lay a decorative yet durable runner for comfort and colour under foot.

#### Add slim furniture

- Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

#### Where to splurge

- A decorative light fixture is always a good investment and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

- If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

- A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.
- Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.



**Red Mahogany Wood Hangers, \$9/set of 4**

Oversized wooden hangers are strong for all the coats in the closet. BedBathAndBeyond.ca.



**Infinity Console Table, \$298**

A sleek 12-inch console table is the perfect size for a small foyer. HomeDepot.ca



**Victorian Hotel Pendant, \$1675**

A splurge of quality lighting will help to create a great impression when coming home. RestorationHardware.com



**Gabbeh Modern 31"x 90", \$363**

All wool Gabbeh style hall runner makes a colourful statement when entering the house. EcarpetGallery.com

#### Green spaces for kids

## A more natural playtime

**What's a natural playground? And who builds them? -Jodi of Toronto**



**QUEEN OF GREEN**  
Lindsay Coulter  
green@metronews.ca

Natural playgrounds bring children back to nature! Imagine a schoolyard, daycare or public park with fallen logs, tree stumps to sit on, vertical log forts and a slide built into the side of a hill.

Now what's the playground like at your kids' school or your neighbourhood community centre? Is it a concrete jungle gym or a welcoming green space?

Research shows that natural playgrounds provide more variety of play opportunities, sup-

porting social interaction and physical development for children. They also meet a child's individual needs according to stages of development, learning styles, personality types, friendship patterns and culture.

Access to green spaces can even improve academic performance. A growing number of physicians are prescribing Vitamin "N", for nature, because time outside is known to moderate the effects of stressful events. Kids who spend more time in nature are more resili-

ent and cope better.

Of course, no playground is risk-free. But those that are well-designed provide opportunities for children to engage in healthy risk-taking. If playgrounds are too safe, kids won't learn to assess risk.

Bienenstock Natural Playgrounds was the first company to create these types of playgrounds in Canada. Learn more at [naturalplaygrounds.ca](http://naturalplaygrounds.ca). They specialize in design and consulting and hold workshops across the country to help people cus-

tomize school and community playgrounds. Their goal is to create spaces that reflect the natural heritage of a site — rolling hills, pathways, boulders and logs — where children and families are encouraged to explore. So while traditional playgrounds restrict children to specific activities and limit creative play, natural playgrounds are able to increase attention spans in children, raise school grades, decrease absenteeism and increase collaborative play and learning. Not bad.

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# Delicious bites coming to a television near you

## On TV

### Show's 3rd season hits the road

Looking for some inspiration for your next dinner party or some advice on what not to do? Season three of W Network's *Come Dine with Me Canada* has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

*Come Dine with Me Canada* follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a \$1,000 cash prize. **METRO**

### Come Dine With Me Canada. As the show sets to return for another season, get in the mood with contestant recipes

#### Beef Wellington by Sandra Latcham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece. Set aside.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush

surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins., lower oven setting to 180 C (350 F) and bake another 15 mins. Allow to rest 15 mins. before slicing and serving with accompaniments. Beef should still be pink in centre when served.

#### Haricots Verts, Roquefort, Black Walnuts & Crispy Prosciutto

1. Bring pot of water to boil. Add beans and blanch 2 mins. Drain and put in ice bath.

2. Pan fry prosciutto in skillet until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts

## Ingredients

#### Beef Wellington (individual)

- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

#### Haricots Verts, Roquefort, Black Walnuts & Prosciutto

- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

#### Gratin Dauphinoise

- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

and toss till warm and melted. Garnish with Prosciutto.

## Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise



This Beef Wellington is sure to impress guests. **PROPER TELEVISION**

### Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt, pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic.

Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs. **SANDRA LATCHAM**

# Summer flavours inspire Dajana's Shrimp Bruschetta



This Shrimp Bruschetta makes a great appetizer. **PROPER TELEVISION**

"This tasty appetizer was inspired by the flavours of summer and is my twist on bruschetta, with the addition of plump shrimp and creamy avo-

## Ingredients

- 1 lb cooked shrimp, chopped
- Rind of 1 lemon, grated
- 1 tsp lemon juice
- 2 tbsp capers
- 3 tbsp chopped fresh basil
- 4 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 1 1/2 cups tomatoes, diced
- 1 - 2 avocados, cubed

cado," says *Come Dine with Me* contestant Dajana Fabjanovich of Edmonton. "It also happens to be one of my favourite things to make, especially if I'm hosting a dinner party or if I need a delicious easy-peasy dish to bring to a friend's potluck."

1. Combine ingredients.

2. Chill. Serve on crostini or with tortilla chips. **RECIPE COURTESY OF DAJANA FABJANOVICH**

## Moon Shine. Prince Edward Island's Nancy pays ode to her province



## Ingredients

- Lime Rickey Soda
- Lots of Ice
- 1 or 2 oz of Island 75% proof Moonshine

*Me* contestant Nancy Stewart of Prince Edward Island.

"I wanted to put PEI in the spotlight — and what better way than to make it 'Shine'.

"I served my guests Moon Shine because I knew after a few drinks it would hit them like White Lightning."

1. Mix up all ingredients and enjoy. **RECIPE COURTESY OF NANCY STEWART**

"Moon Shine is an Island tradition and was the choice of drink back in the day," says *Come Dine With*

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# Always connected

MIKE  
YAWNEY  
For Metro

Talk, text, and post pictures to Facebook. Sound familiar? Yes, smartphones and cameras make wonderful back-to-school gifts for the student in your life. Here are a few of the best devices to send to the classroom this fall.

## iPhone 4s — \$99 (three-year contract)

A smartphone that's easy on the eyes, literally. The high-resolution Retina display has such a high-pixel density, the human eye can't distinguish individual pixels, which means no eye strain. An ultra-fast processor ensures top performance while surfing the web or using any one of the more than 500,000 apps in Apple's App Store. The perfect phone for work and play.

## HTC One X — \$79.99 (three-year plan)

This Android smartphone has a lot going for it. An eight-megapixel camera lets you document student life

without lugging around a bulky digital camera. Audiophiles will love the high-end sound from Beats Audio built right into the phone. Let's not forget about the 4.7-inch HD screen that allows you to watch movies in their full cinematic glory. That is, of course, once your homework is done.

## Motorola Defy Pro — \$0.01 (with contract)

Accidents happen. They just seem to happen to some more than others. The Motorola Defy Pro can handle spills, dust, scuffs and scratches, and features a full qwerty keyboard. The best feature may be its battery, which can handle 12 hours worth of talk before needing a charge.

## Samsung Galaxy SIII — \$159.99 (with contract)

The hottest Android phone of the summer. This phone has all the bells and whistles. It will respond to your voice and will even monitor your eye movements so it never goes to sleep while you are looking at it. Have

metro

# BACK TO SCHOOL

Thursday, September 6, 2012

## Panasonic Lumix ZS20K — \$399.99

A camera that's ready when you are. Light Speed Auto Focus allows this camera to focus in 0.1 seconds so you will never miss a

moment of campus life. Not only does this 14.1-megapixel camera feature 20x optical zoom, it also has a special nano coating on the lens to block reflected light to prevent ghosting and unwanted flares.

## Canon Powershot G1 X — \$799

A 14.3-megapixel camera for students who expect more out of their photos. The GX 1 features an extra large CMOS sensor, roughly six times the size of that found in the Powershot G12, allowing more colour fidelity and sharper low light images.

a friend who uses a Galaxy S3? Simply touch your phones together to transfer photos, music and videos.

## Pentax Optio WG-2 — \$349.95

Rough and rugged, this 16-megapixel camera can dish out even the toughest punishment from the most careless student. It's dust-proof, waterproof, shock-proof, and crush-proof. What's most impressive is its ability to take photos in macro mode from as close as one centimetre away, plus a digital microscope mode that allows for images of magnified objects.

Samsung Galaxy SIII — \$159.99 (with contract).

Clockwise, from top, Motorola Defy Pro — \$0.01 (with contract), iPhone 4s — \$99 (three-year contract), HTC One X — \$79.99 (three-year plan), Canon Powershot G1 X — \$799, Pentax Optio WG-2 — \$349.95.

## Attention University Students

Score an **A+** in 'RECYCLING 101'

- ☒ Recycle Right by following the sorting guidelines provided by HRM. Visit our web site at [halifax.ca/recycle](http://halifax.ca/recycle) for details.
- ☒ Make sure you know your collection day and week.
- ☒ Place materials curb side AFTER 9:00 pm the night before or by 7:00 am in the morning.
- ☒ Materials must be secure (garbage can if your bag is breaking).
- ☒ Stay within the limit - 6 bags/cans of garbage per residential house and 1 bulky item; 5 bags/cans of garbage per unit in small apartment buildings and 2 bulky items per building.
- ☒ If your apartment building does not have a recycling program in place, talk to your superintendent - it's required by law!
- ☒ If you have furniture that's in usable condition but you no longer want, look at options to charity. Go to [halifax.ca/recycle](http://halifax.ca/recycle), or contact [www.halifaxdumpandrun.webs.com](http://www.halifaxdumpandrun.webs.com).

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September 10 - 14	Green Cart & Recyclables
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September 24 - 28	Green Cart & Recyclables

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What  
Does  
Where?

# Teens. Amp up wardrobe with colours and textures

STEPHANIE  
ORFORD  
For Metro

This fall, colour and pattern aren't frivolities. They are style requirements, according to Sarah Smithers, fashion expert at Winners.

Key trends for teen girls and boys this fall incorporate both. While denim and other basics lay the groundwork for solid fall style (denim vests!), this season they are amped up with a riot of exuberant colours, prints and textures.

## Girls — Coloured Denim

The shape: Skinny. The colours: Go crazy. Jeans are a perennial back-to-school style staple, but this season teen girls are taking the trend further with bold updates to basic blues. Coloured and printed skinny jeans

Teen Boy Varsity-Inspired Cardigan, \$39.99, Henley, \$19.99, Flannel Button-Up Shirt, \$16.99, Brand Name Coloured Denim, \$39.99, Suede Desert Boots, \$59.99; Teen Girl Brand Name Denim Vest, \$39.99, Chiffon Button-Up Top, \$19.99, Three-Quarter Sleeve Sweater, \$19.99, Coloured Denim, \$19.99, Cotton and Leather Aztec Bag, \$49.99, Zip-Up Booties, \$49.99. All available at Winners (winners.ca).

have been seen on celebs including Dakota Fanning, Taylor Swift and the Jenner sisters, so it's no surprise this trend is a big one for back to school. Think floral, geometric and animal prints.

## Girls — Upper East Side

A pretty take on private school style, the Upper East Side style pairs sweet with tailored to capture a preppy look with

a twist. Printed tops in light, soft fabrics with pretty details like bows are tempered by dark, neutral tailored blazers to create a sleek look.

## Boys — Varsity/Collegiate

Collegiate cool pieces are scoring top style marks for teen boys this fall. Varsity-style jackets and sweaters have been spotted on Brit bands like One Direction, as well as on homegrown celebs like Drake and Justin Bieber. Teen boys are looking to recreate similar looks for themselves this September.

Paired with simple, dark-coloured jeans, letterman jackets and vintage-inspired collegiate cardigans deliver a look that's current while referencing classic American college style.

## Boys — Colour Blocking

Warm, cosy layers for cold weather will be essential, of course. This season's back-to-school style basics, like comfy cotton hoodies and nylon pack-away puffer vests, are updated in ultra-saturated neon hues and sporty styles. When paired with more subdued denim in blue or grey, these pieces take a balanced approach to colour blocking.







Fresh lunch ideas means your child will probably eat what you give them, rather than throwing it away or trading it with other students. HEMERA/THINKSTOCK

# Healthy stomach will lead to a healthy mind

ASTRID  
VAN DEN BROECK  
For Metro

What to pack for lunches this school year? If your child keeps coming home with containers full of sandwiches, maybe it's time to switch things up. Lianne Phillipson-Webb, a registered nutritionist and founder of Toronto-based SproutRight, shares her fresh lunch ideas.

## Think Outside The Sandwich

"Even if it's a wrap or filling a pita, you want to have balance in what you pack between carbs and protein so your child has energy during the day," says Phillipson-Webb.

"So you could fill with tuna, egg or meat. To keep it from going soggy, if you thinly spread butter or mayonnaise it acts as a barrier."

## Play With Your Fillings

Combine two sure-fire kid-friendly foods such as grated cheese and grapes. Or Tahini (sesame seed butter — check with your school first to see if it's allowed) and a banana inside the wrap.

## Try A Different Wrap

Steal a page from fresh spring rolls and try rice paper wraps. "You just have to make the paper wet and fill it with vegetables, tofu, avocado, mango, pineapple, noodles — whatever you like," she says.

## No need to throw out that lunch bag anymore

Forget the brown paper bag. Today's bags focus on being reusable and washable. Here's what's hot in lunch bags.

### Matchy-matchy:

Many retailers are pairing lunch bags with backpacks, both featuring the same design.

### Bright and colourful:

Hot colours in lunch bags include hot pinks, oranges, yellows and blues for girls and bright reds and blues for boys.

### Going old school:

Not all lunch bags are of the zip-top, insulated interior kind. Metal flip-top

lunch boxes featuring superheroes such as Superman and Batman are also popular.

### Grown-up lunch boxes:

"For the more mature students we have Elle Grebenc, a general manager for a west-end Toronto-based Staples Canada. "Some of them come with utensils as well. And for patterns, stripes are popular and prints such as circles and squares on them."

Lunch bags, \$9.97 each, available at Walmart, walmart.ca.

### Or Try A Brand New Filling

Such as pressed cottage cheese. "It has more protein than a cream cheese and if

you want to sweeten it up, you could spread a fruit jam on it," she says.

Look for it in the dairy cooler in the supermarket.

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Saint Mary's football head coach Perry Marchese, middle, conducts a practice at Huskies Stadium last month. JEFF HARPER/METRO

# 'Whatever it takes to win,' says new Huskies coach

## Saint Mary's Huskies.

Team opens new season on Saturday at 2 p.m.



**MATTHEW WUEST**  
matthew.wuest@metronews.ca

The Saint Mary's Huskies have the element of surprise on their side this season.

With new head coach Perry Marchese calling the shots after six years under Steve Sumarah, the Huskies open a new Atlantic University Sport football season on Saturday at 2 p.m. against the defending champion Acadia Axemen in Wolfville.

"We've got a brand-new playbook so we're excited," said Huskies slotback/returner Jahmeek Taylor. "None of the other teams know what we're going to come out with, so they're going to be a little bit hesitant and we're going to put points on the board that way."

Marchese, hired in February after Sumarah was let go, previously served as an assistant at Guelph and Bishop's as well as in the CFL with the Toronto Argonauts and Hamilton Tiger-Cats.

He takes over a team that lost to the Axemen in last

## Quoted

"The guys have picked up a lot of stuff. They've been really good and they're an intelligent group."

Saint Mary's Huskies football head coach Perry Marchese

year's final after a run of four straight AUS titles.

The Huskies have traditionally relied on a strong rushing attack, averaging 200 yards per game on the ground over the past three years, third in the nation.

Marchese isn't tied to that, however, and has expressed

high hopes for the Huskies' passing attack, with fifth-year quarterback Jack Creighton tossing to a veteran receiving corps featuring Taylor, a former conference MVP, and Kevin Wuthrich.

"I've always been of the belief on offence, whatever it takes to win," Marchese

said. "If we have to run 90 per cent of the time to win, we'll run 90 per cent. If we have to throw 90 per cent to win, we'll throw 90 per cent."

Marchese said he's been careful not to introduce too much, too soon since opening camp in late August, but also said his players have "picked up everything" he's put in front of them.

From the standpoint of returning players, Marchese's approach differs from what they're accustomed to.

"It's obviously different because it's a brand-new coach and a different system, but the attitude is a lot different," Taylor said. "Everything's positive. There's no negativity. Everything's constructive criticism, and that's the biggest thing."

The Huskies have won 10 of the past 13 AUS titles and are traditionally the favourite to win the conference. They've been to five Vanier Cups in that stretch — although none since 2007 — and won two national crowns.

But Marchese has been cautious not to publicly set any expectations for the Huskies in a season of change.

"I feel like we still have a lot of work to do," he said carefully. "But we have a great bunch of kids who work really hard."

## MVP returns

### In position for a repeat?

With reigning MVP Kyle Graves back for a fifth season, the Acadia Axemen are in a strong position to repeat as Atlantic University Sport football champions.

Graves, who piled up more than 2,000 yards of offence and 18 touchdowns in eight games last season, is joined by a talented returning cast that features all-star receivers Mike Squires and Taylor Renaud, as well as all-star offensive linemen Colin Murray, Tyler Honeywood and Wade Conrad.

"I think we have a chance to be very good on offence again, especially if some of our younger players are able to step up and fill the vacancies we have," said Axemen head coach Jeff Cummins.

Defensively, the Axemen will benefit from the return of all-Canadian defensive back Cameron Wade but have lost three all-stars: linemen Jake Thomas and John Wilson and linebacker Tom Labenski.

METRO/KENTVILLE REGISTER

## Mobile sports



Imagine if an athlete checked into a clinic to get his legs artificially lengthened, then came back to beat Usain Bolt over 200 metres on surgically improved limbs. Is such a day far off? Scan the code for the story.



## AUS hockey

### Pridham makes move to UNB

Former Halifax Mooseheads forward Colby Pridham will finish his university career with the UNB Varsity Reds.

Pridham, who captained the Saint Mary's Huskies as a fourth-year player last season, had 14 goals and 16 assists for 30 points in 28 games, tied for eighth in Atlantic University Sport.

The 25-year-old made the move to Fredericton, N.B., for academic reasons.

Pridham has recorded 96 points during his AUS career and was a driving force behind the Huskies' run to a University Cup national title in 2010.

The Varsity Reds have won two straight AUS titles and three national championships in the past six years.

Cameron Critchlow, who captained the Mooseheads last season, will also play for the Varsity Reds this season. **METRO HALIFAX**



Colby Pridham METRO FILE

## Paralympics

### Local Tingley looks for podium finish

Halifax's Paul Tingley will vie for a medal on the final day of action in the single-person keelboat sailing event at the Paralympic Games in London.

Tingley placed fourth and ninth in separate races on Wednesday and will need a strong finish to make the podium in the 11th and final stage on Thursday.

The 42-year-old is a two-time Paralympic medallist, winning bronze in Sonar at the 2000 Olympics and gold in 2.4m at the 2008 Olympics. **METRO HALIFAX**

## NHL

### Senators sign Smith to 4-year extension

The Ottawa Senators locked up centre Zack Smith to a \$7.55-million U.S. four-year extension on Wednesday.

The 24-year-old is coming off a career-best season that saw him score 14 goals and 26 points in 81 games. **THE CANADIAN PRESS**

# Fourth round loss closes book on Roddick's career

**Tennis.** Fan-favourite American bids emotional goodbye after loss to del Potro in 4th round

## Quoted



"This week I felt like I was 12 years old, playing in a park. It was extremely innocent. That was fun. I enjoyed it."

Andy Roddick

More than an hour after hitting one last shot as a professional tennis player, then delivering one last, voice-wavering speech to an adoring U.S. Open audience, Andy Roddick exited the locker room one last time.

Accompanied by his wife and other family members, a black baseball cap tugged low

over his eyes, Roddick slung a racket bag off his aching right shoulder — the one responsible for so many high-speed aces, violent forehands and the most recent Grand Slam title by an American man — and tossed the equipment in the back of a waiting van.

He won't need that any longer.

Serenaded by choruses of "Let's go, Andy!" that rang through Arthur Ashe Stadium in the closing moments of his career, 2003 U.S. Open champion Roddick headed into retirement with a 6-7 (1), 7-6

## Federer falls in quarterfinals

Five-time champion Roger Federer is out of the U.S. Open before the semifinals for the first time since 2003, stunned by the sixth-seeded Tomas Berdych 7-6 (1), 6-4, 3-6, 6-3 on Wednesday

night.

- Federer's forehand was way off, while the 6-foot-5 Berdych kept pounding serves and groundstrokes right where he wanted them.

(4), 6-2, 6-4 loss to 2009 champion Juan Martin del Potro of Argentina in the fourth round at Flushing Meadows on Wednesday.

"If we do badly, then it costs

us something; if we do well, we get great things. This was about something bigger. It wasn't about ranking points or paychecks or anything else," Roddick said. **THE ASSOCIATED PRESS**



## Cowboys ride high in NFL opener against champs

Dallas Cowboys wide receiver Miles Austin celebrates scoring a touchdown in the fourth quarter against the New York Giants on Wednesday night in East Rutherford, N.J. Tony Romo threw for three touchdowns, two to newfound favourite receiver Kevin Ogletree, and Dallas beat the Super Bowl champion Giants 24-17 in the NFL season opener.

JEFF ZELEVANSKY/GETTY IMAGES

## MLB. Jays halt Orioles' march to top of AL East

Rajai Davis had a home run and three RBIs as the Toronto Blue Jays avoided being swept by the Baltimore Orioles with a 6-4 win on Wednesday night.

The Jays (61-75) snapped a four-game skid after being shut out in their last two games.

Baltimore fell out of a first-place tie in the AL East with the New York Yankees, who beat the Rays 6-4 in Tampa Bay later Wednesday.

The O's (76-60), who are in the hunt for their first playoff berth since 1997, will open a four-game home stand against the Yankees starting Thursday. **THE CANADIAN PRESS**



Rajai Davis rounds the bases after his home run on Wednesday night in Toronto. **THE CANADIAN PRESS**

## MLB

### Another ban for pitcher on Jays' farm

Another minor-league pitcher in the Toronto Blue Jays' system has been suspended for doping.

MLB announced Wednesday that right-handed pitcher Jose Brito has been suspended for 50 games without pay after testing positive for Stanazolol, an anabolic steroid. Brito is on the roster of the Dominican Summer League Blue Jays.

The ban comes a week after Jays pitching prospect Marcus Stroman was suspended 50 games after testing positive for the drug Methylhexanamine. **THE CANADIAN PRESS**

## MMA. St-Pierre-Silva fight 'pretty close' says White

UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middleweight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions. "If Georges St-Pierre beats Condit, that could be the next fight."

The fight would probably be contested at a catchweight of 180 pounds, between St-Pierre's 170-pound welterweight rank and Silva's 185-pound middleweight division.

The fight would probably

## Quoted

"These guys want to fight each other now."

UFC president Dana White

take place at Cowboys Stadium in Dallas.

The 37-year-old Silva (30-4) has not lost in 15 fights in the UFC.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title-holder, later this year. **THE CANADIAN PRESS**



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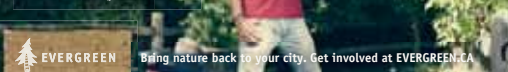


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## Horoscopes

### Aries

March 21 - April 20

It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

### Taurus

April 21 - May 21

Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

### Gemini

May 22 - June 21

People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

### Cancer

June 22 - July 23

You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

### Leo

July 24 - Aug. 23

Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

### Virgo

Aug. 24 - Sept. 23

By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

### Libra

Sept. 24 - Oct. 23

You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

### Scorpio

Oct. 24 - Nov. 22

Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

### Sagittarius

Nov. 23 - Dec. 21

This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

### Capricorn

Dec. 22 - Jan. 20

If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

### Aquarius

Jan. 21 - Feb. 19

Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

### Pisces

Feb. 20 - March 20

Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

## Crossword: A PM, Distance, and Two Flora

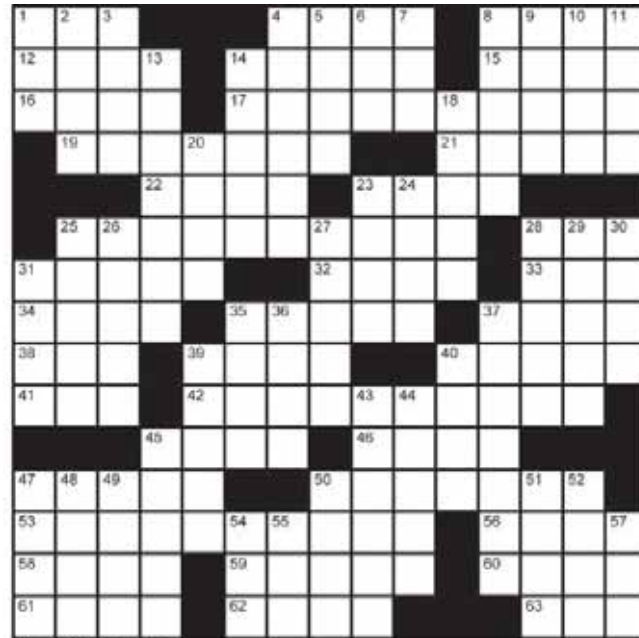
### Across

1. Big \_\_\_\_: large truck
4. Drink in one gulp
8. Apple attachment
12. "\_\_\_\_ I care" (2 wds.)
14. Scarlett \_\_\_\_
15. Skin opening
16. Lima's land
17. 21st PM (2003-2006) (2 wds.)
19. Author of a mournful poem lamenting the dead
21. Vancouver CFL Team
22. Boor
23. Ship's jail
25. Trans-Canada Highway distances
28. "I \_\_\_\_ You, Babe": Sonny and Cher hit
31. Hereditary units
32. Chair or bench
33. "Mais, \_\_\_\_!"
34. Praise
35. Pick \_\_\_\_: draw from the deck (magician's instruction) (2 wds.)
37. Either point of a crescent moon
38. Corn, form, or cycle prefix
39. At some distance
40. Hudson's Bay Company's early stock
41. Ancient Egyptian boy king
42. Prominent Prairie Provinces feature
45. Long, long time
46. "\_\_\_\_ That a Shame"
47. "I Can't \_\_\_\_ Satisfaction": Rolling Stones (2 wds.)
50. Neither animal nor vegetable

53. BC's wooded tropical region (2 wds.)
56. Grandson of Adam who reputedly lived to 905
58. \_\_\_\_ of Man or Capri
59. Leonard \_\_\_\_: *Star Trek* Spock portrayer
60. Comedy sketch
61. Head: Fr.
62. Black
63. Donkey

### Down

1. Eminem's forte
2. "Understood!" (2 wds.)
3. Young female
4. Pure and virtuous
5. High: Fr.
6. <http://www.metronews.ca>, e.g.
7. Attractive leg, slangily
8. Bit of mistletoe or holly
9. Dorothy's dog
10. \_\_\_\_ go brag
11. \_\_\_\_ room: loo
13. Gassed up
14. Drug from poppies
18. Like top-name celebrities (2 wds.)
20. Sticky substances
23. Uncle Remus character \_\_\_\_ Rabbit
24. Peruse
25. Canadian star Reeves
26. Yukon natives
27. Bygone Russian despots
28. Elliott of *Ocean's 11*, 12, 13
29. Boots from office



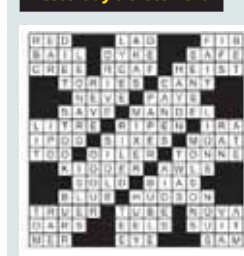
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30. Restaurant table leavings
31. Surfeit
35. Bushy hairdo
36. *The Godfather* actor James
37. Shopping \_\_\_\_: malls
39. \_\_\_\_ Aquarius, Innocence, or Reason (2 wds.)
40. Window unit
43. Printemps, par

- example
44. Covered with tiny cloth fibers
45. Year: Fr.
47. Canadian Liberal
48. Let up on
49. Full \_\_\_\_: at top speed
50. Short note
51. Ottawa-born singer-composer Paul
52. \_\_\_\_ & Clark: American

- television series based on the Superman comic books
54. Single
55. Adam's \_\_\_\_: Eve's "source"
57. Yonge in Toronto and Main in Winnipeg: abbr.

## Yesterday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

4	1	5	3	9	6	8	2	7
3	7	6	2	1	8	5	9	4
9	8	2	7	5	4	6	3	1
1	8	3	5	4	7	2	6	9
8	9	4	1	2	3	7	5	6
5	2	7	8	6	9	4	1	3
6	5	6	9	7	1	3	4	2
2	4	9	6	3	5	1	7	8
7	3	1	4	8	2	9	6	5

Today



21°/14°  
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Friday



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